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Claim 1. An improved bearing system for locomotive trucks comprising:

a channel shaped means of a thermoplastic material having a rectangular base unit with an upstanding flange along each longitudinal edge, extending perpendicularly from said base unit;

a thermoplastic insert means of a material of a higher resiliency, than said thermoplastic used for said base unit, being mounted on said base unit between the said flanges, operable to be compressed under loading; and attaching means cooperating with said upstanding flanges, operable to mount said channel shaped means on a track, in a manner whereby said channel shaped means can articulate under said attaching means allowing said higher resiliency of said insert means to better accommodate the distribution of the loadings, when said system is mounted on a truck, thereby achieving improved service life of said system.

Claim 2. The improved bearing system defined in claim 1, wherein nylon materials are used to form the base unit and its flanges and polyurethane materials are used to form the insert means.

Claim 3. The improved bearing system defined in claim 2, wherein two insert means are used, one positioned contiguously along each flange of the base unit.

Claim 4. The improved bearing system defined in claim 2, wherein the insert is mechanically connected to the base unit by dowel means operable to connect said parts.

Claim 5. The improved bearing system defined in claim 2, wherein the attaching means includes a bolt means having a shaft with a fixed cap at one end and removable cap at the other end threaded thereon, with at least one of said caps having a break off head, whereby said attaching means cannot be torqued beyond a specified limit when tightened using said break off head.

Claim 6. The improved bearing system defined in claim 5, wherein one of the caps has an inner wrench surface, and an outer wrench surface with said outer wrench surface, being larger in diameter than said inner wrench surface and forming said break off head operable to prevent a socket wrench from engaging said inner wench surface while said outer wrench surface is still attached to said cap.

Claim 7. An improved attaching means for connecting bearing systems to railroad trucks comprising:

a bolt means having a shaft with a fixed cap at one end and removable cap at the other end, threaded thereon; and

one of the caps having an inner wrench surface and an outer wench surface with said outer wrench surface being larger in diameter than said inner wrench surface, and being a break off head operable to separate after a specified torque is applied, and also operable to prevent a socket wrench from engaging said inner wrench surface while said outer wrench surface is still attached to said cap.

Claim 8. The improved attaching means defined in claim 7, where both caps have an inner wrench surface and an outer wrench surface with said outer wrench surface being larger in diameter and being a break off head operable to separate when a specified torque is applied and also operable to prevent a socket wrench from engaging said inner wrench surface, while said outer wrench surface is still attached to said cap

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